

SURREY PARK

SWIMMING NEWS

October Edition 2017



FEATURED ARTICLES

*TEAM BUILDING CAMP

*THURSDAY NIGHT
RACING

*LEARN TO SWIM TERM
CALENDAR

TEAM BUILDING CAMP

CLICK HERE
FOR CAMP
[PHOTOS](#) and
[VIDEO](#)

Over the last weekend of the September school holidays Surrey Park held a team building camp. This was a great opportunity for swimmers to get together as a team away from the pool, participate in team building and other challenging activities whilst having fun at the same time.

It was a great weekend of fun and it certainly challenged the limits for many of us.

Day One:

The journey started with a long bus ride to the camp, this was broken up with a chance to get to know each with a crazy activity where everyone had to change seats with the person left standing required to talk about themselves for 60 seconds. 40 people changing seats at once made things very interesting! We finally arrived after 7.00pm and after a game of dodge ball and a long walk through the forest, we finally settled into the rooms.

Day Two:

Saturday's activities began with Trust falls, basketball and other team building activities. The morning ended with most ending up in the cold lake either by choice or as a result of being thrown in. The afternoon was highlighted with the commando course that consisted of running through mud holes, swimming in the lake and all things that left everyone exhausted and totally covered in mud. We rounded the afternoon off with an hour on the waterslide into the cold lake again. Saturday evening was kicked off with a few mind games that for some were very challenging, and then finished off with marshmallows around a nice warm fire.

Day Three:

Sunday we arose with much anticipation for what was ahead. Four staff members coordinated the challenging activities of Leap of Faith, the Giant swing, the snowy river challenge and for some a petrifying 27 metre ladder climb to a tiny platform overlooking the magnificent valley and across to Mount Baw Baw.

This camp was a great opportunity for everyone to really get to know each other and build the clubs team spirit. This was certainly achieved, and all who went had a great time. A special thanks to Al Smithson as team manager, and the coaches Hayley and Pat, for giving up their time for what was a memorable time had by all.

Ian Pope (Director of Coaching)



SURREY PARK SWIMMING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 nd October Metro Nth vs Metro East 7-10	23 rd October	24 th October	25 th October	26 th October Australian Short Course Championship	27 th October Australian Short Course Championship	28 th October Australian Short Course Championship
29 th October SPSC Long Course Meet	30 th October	31 st October	1 st November	2 nd November	3 rd November	4 th November
5 th November Metro 7-10 Competition Ringwood Long Course Meet	6 th November	7 th November Public Holiday	8 th November	9 th November Thursday Night Racing	10 th November	11 th November
12 th November	13 th November Water Safety Week	14 th November Water Safety Week	15 th November Water Safety Week	16 th November Water Safety Week	17 th November Water Safety Week	18 th November Water Safety Week Victorian Sprint Champs
19 th November Water Safety Week Victorian Sprint Champs	20 th November	21 st November	22 nd November	23 rd November Thursday Night Racing	24 th November	25 th November Victorian Qualifying Meet
26 th November Victorian Qualifying Meet	27 th November	28 th November	29 th November	30 th October	1 st December	2 nd December
3 rd December	4 th December Priority Re- Enrolment for Term 1 opens Feedback Week	5 th December Priority Re- Enrolment for Term 1 opens Feedback Week	6 th December Priority Re- Enrolment for Term 1 opens Feedback Week	7 th December Priority Re- Enrolment for Term 1 opens Feedback Week Thursday Night Racing	8 th December Priority Re- Enrolment for Term 1 opens Feedback Week	9 th December Priority Re- Enrolment for Term 1 opens Feedback Week
10 th December Priority Re- Enrolment for Term 1 opens Feedback Week Victorian Age LC Champs	11 th December Priority Re- Enrolment for Term 1 opens Victorian Age LC Champs	12 th December Priority Re- Enrolment for Term 1 opens Victorian Age LC Champs	13 th December Priority Re- Enrolment for Term 1 opens Victorian Age LC Champs	14 th December Priority Re- Enrolment for Term 1 opens Victorian Age LC Champs	15 th December Priority Re- Enrolment for Term 1 opens Victorian Age LC Champs	16 th December Priority Re- Enrolment for Term 1 opens

LTS Learn to Swim Competitive Squads Combined Public Holidays

For the latest news, updates and training schedules, please view our website: www.surreypark.org.au

LEARN TO SWIM AND DIVE REMINDERS & NEWS

TERM 4

9th October - 22nd December
WATER SAFETY WEEK
13th - 19th November
RE-ENROLMENT
4th - 17th December

Our Swim School

Manager is back

Welcome Emily back on board. She is happy to see the progress swimmers have made while she was away.

If you see her around don't forget to ask about her trip to South America.

Customer Survey

Thanks to all families who replied to our survey. We appreciate your feedback as it helps to improve our service to you. As always we will work on making ourselves a better place for you all to come for your lessons. If you have any feedback throughout the term we would love to hear from you. Feedback forms are available at the front desk or speak to our Customer Service staff.

A few things from the surveys so far:

We have implemented an express lane at the reception desk to expedite entry to those with prams wanting entry to the centre.

We are working on pool deck signage to help identify your child's teachers and location of their lesson

We are working hard to implement a program that allows you to make online payments, bookings and give you up-to-date feedback and skills your child has attained and what skills they require to reach the next level

Learn to Dive

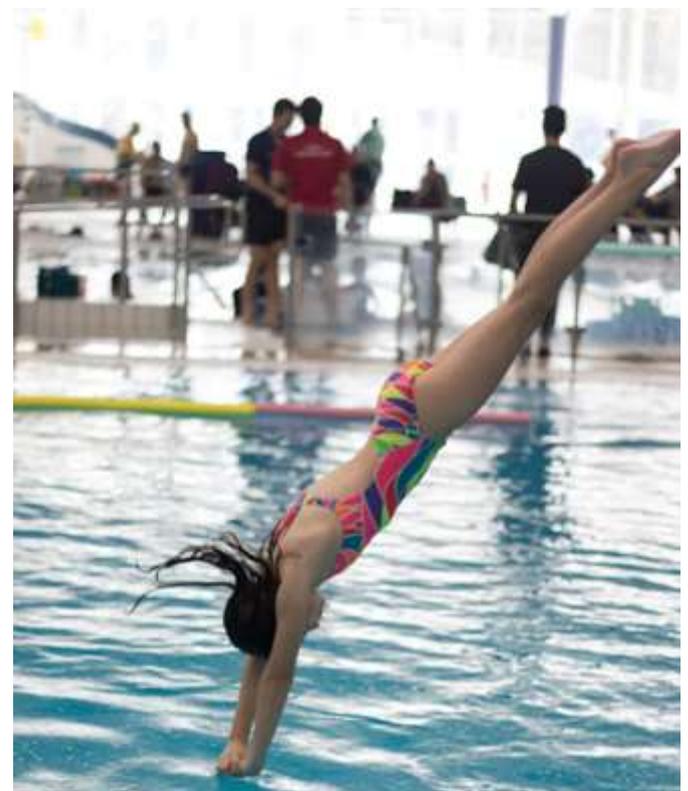
Diving is back at Surrey Park Swimming. We still have a few places left.

See our reception desk to book your spot today!

**SPECIAL NEW DIVER
DISCOUNT**



40% off Term 4 enrolments for new divers to our program.



Autism Training

We are striving to become better at teaching our students with Autism. Autism is the most common neurodevelopmental condition affecting children and it often causes barriers to learning how to swim. Our CAPS program and this staff training are aiming to reduce the time it takes for these students to learn to swim and attend lessons. Several staff attended a training session run by Aquatics and Recreation Victoria and AMAZE.



Important note to all Families

Families are NOT to leave children under 10 years of age unaccompanied in the centre. If a child is dropped off they will not be able to enter for their lessons until their parent or guardian arrives.

Footy Week

It was great to see our swimmers join us in celebrating the AFL Finals during the last week of term. Melbourne was certainly a buzz with AFL fever. #well done tiger's #yellow and black



MARK YOUR CALENDAR!

Diary Dates Term 4

7th November - Melbourne Cup Public Holiday – no lessons on this day

9th November – Thursday Night Racing commence – see flyer for all dates

13th - 19th November – Water Safety Week – don't forget to bring clothes to your lesson

19th November – Swim Carnival – Level One to Five

4th – 17th December – Priority Re-Enrolment Weeks – must pay for Term One to secure your booking

22nd December – last day of term

2nd – 19th January – School Holiday Program runs weekly over 3 weeks

22nd January – Term One 2018 commences

Thursday Night Racing

COMMENCING
9th November
Open to L4+
swimmers



Racing Nights are back at Surrey Park Swimming.

Our Thursday Night racing events this year will be replacing last year's Twilight Tuesdays. It will be the same format and environment, just a different night.

We would love to see as many of our Level 4 and up swimmers on these nights. They are based on participation and fun and are a great way of introducing your child to the sport of swimming.

Please speak to the lead instructor or our Customer Service staff if you have any queries. [See flyer below for further details and how to sign up.](#)



Summer School Holiday Program

Bookings now open for our week long intensive programs

Does your child need to:

- * Consolidate a skill
- * Master breaststroke
- * Learn to Swim
- * Learn to Dive
- * Kick start a new level
- * Get ready for summer

Stay and play – Aqualink offers a Chill Zone program of additional fun activities so make a day of it!

Speak to the lead instructor or Customer Service staff on reception to get more information and secure your spot.

Note: Full payment is required at the time of booking.

Places are limited so book now!

Week One: 2nd – 5th January

Week Two: 8th – 12th January

Week Three: 15th – 19th January

Please note: Diving does not run on **Wednesday's** during the school holidays.

Swim Carnival

This term we are running a fun swim carnival for our Level One to Level Five swimmers.

Save the date: 19th November at 2.30pm.

More information to follow!

COACHES CORNER

CLICK
[HERE](#)
FOR FULL
REPORTS

Victorian State Team Members

Congratulations to Surrey Park swimmers Aidan Gleeson, Chantelle Underwood and Laura Davy who as a result of their performance at the recent Victorian Age SC Championships were selected as members of the 2017 Victorian State Team.

Surrey Park's Director of Coaching Ian Pope is the Female Head Coach for this team.

Team members travelled to Canberra on 20th September for pre-meet training, then went on to compete against the best age group swimmers from each state in the 2017 State Teams Championships held at the AIS between 22nd to 24th September



Metro East 7-10's Selection Trials

An enthusiastic group of Surrey Park's junior members were entered into the Metro East 7-10 Selection trials held on Saturday 6th October, at Aquanation Ringwood.

Well done to all those swimmers who competed during a great afternoon of swimming, especially those who were competing in an outside meet for the first time.

Congratulations to those swimmers who placed in the top 10 and will go through to represent Metro East.

Many thanks to the parents who assisted with timekeeping. Special thanks to Peta Barry who volunteered to act as one of Metro East's 7 to 10s Team Managers for this series of meets.



Surrey Park's Metro East 7 to 10 team members were:
Kendra Cheesman, Ryder Cheesman, Lewis Miller, Zoe Swindale

- Based on participation and fun
- Introduce your child to the sport of swimming

- Practice and develop racing skills
- Open to all Level 4 and higher swimmers through to Junior and State Development Squads



THURSDAY NIGHT RACING

at
AQUALINK BOX HILL



Nightly Schedule

- 4:00 – 4:15 Dry land Activation
- 4:15 – 4:45 Warm Up
- 4:45 – 5:00 Marshalling
- 5:00 – 7:00 Racing

Racing Nights

- 9th Nov
- 23rd Nov
- 7th Dec
- 21st Dec – BBQ to follow
- 8th Feb
- 22nd Feb
- 8th Mar

- Events held in the 25m outdoor pool
- Normal pool entry charges apply
- Parent help required on the night as timekeepers
- Learn to swim - Sign up for each session by emailing hayley@surreypark.org.au
- For more information speak to our Customer Service staff or you coach/instructor

2017 Racing Program for Thursday Night Racing

9th November

100 Freestyle, 50 Butterfly, 50 Backstroke, 50 Breaststroke, 50 Freestyle

23rd November

100 Individual Medley, 50 Freestyle, 50 Breaststroke, 50 Backstroke, 50 Butterfly

7th December

100 Backstroke, 50/100 Butterfly, 50 Breaststroke, 50 Freestyle, Relays

21st December

100 Breaststroke, 50 Backstroke, 100 Freestyle, 50 Butterfly, Relays

BBQ to follow after racing.

Junior Dolphin Program

We are proud supporters of the Junior Dolphin program introduced by Swimming Australia. The program is designed for young swimmers who want to experience a little bit more from swimming and get involved with the fun aspects of swimming as well as the skill development a club environment provides.

Junior Dolphins will provide FREE membership for children 7 & under in their first year. Each member will receive a FREE gift pack upon registration

WE ARE A SUPPORTER OF THE JUNIOR DOLPHINS PROGRAM

JOIN NOW!

FREE TO KIDS 7 YEARS AND UNDER AND HALF PRICE FOR 8 YEARS AND OLDER

FREE PARTICIPATION PACK - TSHIRT AND BAG TO KIDS 5 AND OVER

CLICK [HERE](#) FOR MORE INFORMATION

Make a splash!

OPTUS JUNIOR DOLPHINS

MORNING TRAINING SESSIONS AT AQUALINK

IMPORTANT
CHANGES!

As of 1 October 2017 all Surrey Park Swimming Competitive Squad Swimmers will be required to have an Aqualink Membership or an Aqualink 10 visit Multi-pass (Swim or Aquatic) to enable access to the Aqualink Facility in the mornings prior to the centre opening to the public.

From the 1st October, the Surrey Park Coaches will assist swimmers to gain entry into the Centre (as they currently do) through the Group entry external door in the mornings, once inside the group entry foyer the coaches will direct the swimmers to the turnstiles in the main foyer. The swimmers will then use their own Aqualink Membership band or Aqualink multi-pass to enter the pool hall.

This new process will eliminate the current additional billing for After Hours Aqualink Entry that appear on member's accounts each month and significantly reduce manual attendance tracking and associated administrative work. Most swimmers already have an Aqualink membership or 10 swim multi-pass, but for those that do not, this will potentially be a cost saving initiative since if you train two times a week or more at Aqualink Box Hill it is cheaper to get a membership. Surrey Park Swimmers receive a discount on Aqualink Membership.

If you do not have a membership or a multi-pass card (or forget to bring it) you will not be able to enter to attend your training session, as many of these morning sessions are prior to the centre being open to the public the Aqualink Reception will be closed and you will not be able to purchase a casual entry or be manually checked in.

Annual Cadbury Fundraiser

This is one of our major fundraisers for the year and supports our swimmer support program. We ask that if you are able to take another box to sell please speak to Jan Underwood or Katie Walsh.

Don't forget all money is due back by the 31st October.



MEET OUR FRIENDLY STAFF

Lead Instructor
Claire



What is a lead instructor?

Lead instructors do a final check to ensure students are ready to progress through our program. This is to ensure consistency through our levels and feedback is provided. They also assist parents with any queries they have. You can recognise our lead instructors as they wear red polo shirts on pool deck.

Some things about me:

Favourite Food: Sashimi

How long have you been coaching for:
I have been swim instructing for 10 years.

My favourite swimming stroke:
Backstroke

AFL Footy Team: Sydney Swans

One thing you may not know about me: I was a kayak instructor at college in USA.

Swim Instructor
Emily



Some things about me:

Favourite Food: Chocolate

How long have you been coaching for: I have been swim instructing for 3 years.

My favourite swimming stroke:
Breaststroke

AFL Footy Team: Tigers

One thing you may not know about me: I am a volunteer life saver at Inverloch



COMMITTEE CORNER

DIARY DATES:

SPSC LC Meet
29th October

RETURN
CHOCOLATE MONEY
31st October

The Club's AGM was held on the evening of Wednesday the 20th September. The elected Committee for 2017-2018 are as follows;

President: Shannon Clarke

Vice President: Sam Xu

Treasurer: Fong Tee

Secretary: Vince Burns

General Committee: Al Smithson, Jan Underwood, Hamish McDougall, Sylvia Gleeson, Tim Harkin

Thank you to everyone for volunteering their time to the Club, it is an exciting time for Surrey Park Swimming and I look forward to a fantastic year working together.

I would also like to thank Dudley Kneller, who although stepping down from the Committee, has agreed to assist us by continuing as the Clubs Grievance Officer. There is still a position on the committee if anyone is interested.

Also in the following weeks the Committee will be working to recruit parents to assist the Club with some of the various Sub Committee roles, these include;

- **Meet Sub Committee** – Organisation of Club Meets and Club Championships; including venue bookings, official bookings, timekeeping rosters and catering
- **Fundraising Sub Committee** – Raising funds for swimmers support
- **Social Sub Committee** – Club dinners, breakfasts and presentation night.

- **Photography** - parents with an interest in photography that can assist the club to capture images we can use on social media, publications and then assist to put together the slide show for presentation night.

I have had a couple of parents contact me, but we need more parental assistance in an effort to lighten the load for everyone. If you have any questions or require more information about either the Committee or the Sub Committee roles please contact me at president@surreyparkswimclub.com.au or call me on 0419 155 475.

Thank you to all the families who have already returned the Chocolate Drive fundraiser money, if you haven't already done so, could you please return the money to the Swim School reception by Tuesday the 31st October. All funds raised will be used by the Club for swimmer support programs.

Finally the Surrey Park LC meet is on Sunday 29th October as MSAC. We have 70 swimmers from the Club attending and entries are now closed and could parents please assist us in our planning by signing up for Jobs and catering for the day.

Shannon Clarke – Club President.



MERCHANDISE UPDATE

NEW
STOCK
ARRIVED!

Hoodies

New stock has arrived. All sizes are now available.



Long Sleeve T-Shirt

New stock has arrived. All sizes are now available.



Microfibre Towels

They are water absorbent and a fantastic way of promoting Surrey Park on pool deck and at meets.

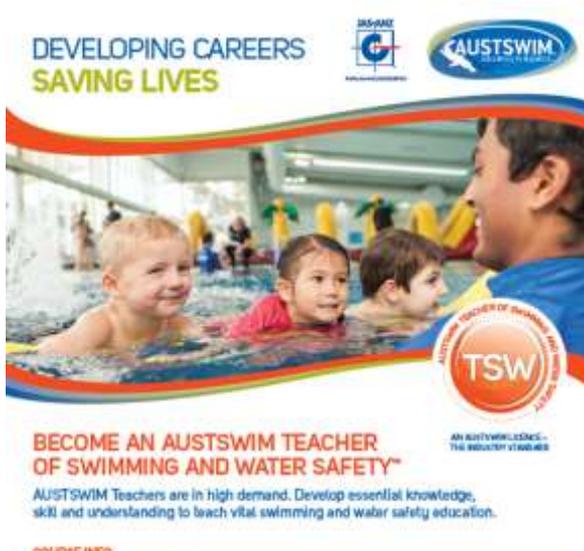
Cost \$30.00

Size: 1400 x 700mm

Join Alex and be part of the Surrey Park Team!

Purchase your towel from our reception desk today

All merchandise is available for purchase from our Reception desk during normal business hours



Become an AUSTSWIM qualified teacher!

This is an immensely rewarding and satisfying career. Courses run at various times throughout the year. See information below for the next course at Aqualink Box Hill. Surrey Park also offers new teachers the opportunity to complete their supervised training hours with us.

COURSE INFO

VENUE:	Theory - Mont Albert Scout Hall, Surrey Dr & Alexander St, Box Hill Practical - Box Hill Aqualink, Surrey Dr, Box Hill VIC 3128
DATE & TIME:	Saturday 16th and Sunday 17th December 2017, 8.30am - 5.15pm
COST:	\$395.00

DO YOU TRAIN MORE THAN TWICE A WEEK A WEEK?

AQUALINK and SURREY PARK SWIMMING BENEFITS

30% off MEMBERSHIPS
10% off MERCHANDISE

Surrey Park Swimming Member Discounts

If you do not have an Aqualink Membership and you train at least twice a week at Aqualink you can save money by getting an Aqualink Swim membership.

As a Surrey Park member, you will receive 30% discount on upfront term memberships (3 or 12 months) or you do not pay the joining fee if you choose monthly direct debit.

*This is an Aqualink Corporate Membership and no further discounts are applicable

For all enquiries please book a time with an Aqualink Membership Consultant.

As an Aqualink member you can come as many times as you want to Aqualink Box Hill or Aqualink Nunawading and you are entitled to a 10% discount on all merchandise on presentation of your membership card.

Discount for our Swimmers!

Enrol in our Learn to swim program and receive a 10% discount on all Aqualink Merchandise.

Note: At time of purchase you must show your Surrey Park Swimming Card.

Aqualink stocks a range of speedo bathers, goggles and accessories, plus Aqualink branded merchandise.

OUR SPONSORS

Bendigo Bank

Surrey Hills Community Bank® Branch of Bendigo Bank

The Surrey Hills Community Bank® Branch of Bendigo Bank has been a sponsor of the Club for a number of years now.

The Bendigo Bank have contributed greatly to the Swimmer Support Program which in turn directly supports our swimmers on trips, etc. In addition to their usual support, we ask you to consider the offer below, for exclusive Surrey Park member home loan packages.

- Establishment fees waived on all new home loans for both purchases and refinances
- 0.80% discount off the standard variable rate on loans greater than \$250,000
- 0.90% discount off the standard variable rate on loans greater than \$1,000,000
- 0.10% discount off fixed rates
- 3%pa discount off the Bendigo Ready Red credit card
- Transaction fee free account
- 14 months for the price of 12 home and contents insurance
- FREE Financial Planner consultation
- Up to a 7.5% discount on health insurance (Australian Unity)

For further information regarding this please contact the Branch Manager, Maggie Stamoulis, 9890 7188, Maggie.Stamoulis@bendigoadelaide.com.au

IF YOU OWN A
BUSINESS AND
WISH TO
SPONSOR US
PLEASE CALL



Aqua Shop are swimming specialists carrying top brands and the highest quality aquatic product available worldwide



The Pancake Parlour is an Australian family-owned pancake restaurant chain, serving sweet and savoury pancakes and crepes in various locations around Victoria

Quest Apartment Hotels – Mont Albert

Quest Apartment Hotels has over 150 properties in Australia, New Zealand and Fiji. They are located in central business districts, suburban and regional areas with close proximity to head offices, business centres and key tourist destinations.

Quest Mont Albert offers special rates for Surrey Park Swimming Club members, staff and guests

For online booking follow this link [Surrey Park Swimming Club](#)

Alternatively you can call to book on **+61 3 9645 8357**, and mention **Surrey Park Swimming** to receive our rates.

Please enquire about Surrey Park Swimming Club Corporate Rates.

Quest Mont Albert, 741-745 Whitehorse Road, Mont Albert 3127, Victoria, Australia

OUR VISION

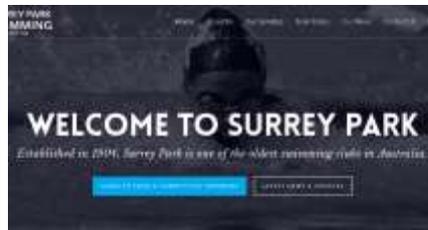
Surrey Park Swimming Club seeks to provide the best club environment in Victoria for the development of all its swimmers to their full potential in an atmosphere of enjoyment and professionalism.

WHERE TO FIND US!



Like us on Facebook to keep up to date with what is happening at Surrey Park Swimming.

Please [click this link](#) to view our Facebook page



Visit our website to keep up to date with latest news, member's login, training schedules and all things Surrey Park.

www.surreypark.org.au



If you have any queries, concerns or feedback both positive and negative, we would love to hear from you. Drop into our reception desk at Aqualink Box Hill and have a chat to our customer service staff at any time throughout the term.



**SURREYPARK
SWIMMING**

ESTD 1904

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Box Hill VIC 3128

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